

HAVE YOU CHECKED YOUR **BRAIN** LATELY?

A cognitive exam is a simple and safe check-up for any age at a Wellness Visit!

ASK YOUR DOCTOR ABOUT A COGNITIVE EXAM IF YOU'VE NOTICED REPEATED PROBLEMS WITH:

- **Managing finances and medication**
- **Making decisions**
- **Finding the right words**
- **Misplacing your belongings**
- **Forgetting plans and appointments**
- **Understanding signs or symbols**
- **Feeling socially withdrawn**
- **Completing familiar tasks or hobbies**
- **Time or location**
- **A change in your mood or personality**

**CARING FOR YOUR BRAIN IS
KEY TO A HEALTHY LIFE!**



Shasta County
Health & Human
Services Agency

www.shastahealthybrain.com